

# Creative Ways to Add Fruits and Veggies to Your Wellness Events



## Lettuce Hear From You

- **More Info** If you need more details on any of the *creative ways*, please contact the New Hampshire 5 A Day for Better Health Program.
- **Add Your Ideas** We want to hear *your* ideas and add them to this collection of *creative ways*.
- **Incentives** We can help you with incentives. Please contact us!
- **Measuring Our Impact** You can help us measure the impact of *our* efforts by letting us know when you implement a fruit and vegetable promotion. We love photos!

## How to Reach Us

### NH 5 A Day for Better Health Program

Department of Health and Human Services  
800-852-3345, Ext. 4830 (NH only)  
603-271-4830  
[5aday@dhhs.state.nh.us](mailto:5aday@dhhs.state.nh.us)

### DPHS Lending Library

Department of Health and Human Services  
Division of Public Health Services  
800-852-3345, Ext. 0562 or 7060 (NH only)  
603-271-0562 or 603-271-7060  
[cfirman@dhhs.state.nh.us](mailto:cfirman@dhhs.state.nh.us)  
[jmverdon@dhhs.state.nh.us](mailto:jmverdon@dhhs.state.nh.us)

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# Start a Fruit and Veggie Team

Your intentions may be to keep things simple but if you find plans expanding, consider starting a Fruit and Veggie team. Working with a team will:

- Reduce your workload
- Increase creativity
- Strengthen outcomes
- Multiply the fun

Whether you're part of a worksite, school or community group, ask others to join you:

- Key decision makers
- Office manager
- Human resources personnel
- Wellness coordinator
- Nurse (company nurse, school nurse or public health nurse)
- Food service personnel (school or worksite cafeteria)
- UNH Cooperative Extension
- Librarian (public or school)
- Insurance company personnel
- Parent, grandparents, PTA and PTO
- Youth clubs (scouts, 4-H)
- Community dietitians – try your hospital's outpatient clinic or community education department
- Teachers (Head Start, classroom, health, physical education, or family and consumer sciences)
- College students from the nutrition, dietetics, health, nursing, education, and family and consumer sciences departments

## Getting Started

### Involve Your Master of Ceremonies – your MC can . . .

#### Play Music

- Play the songs on the "Jammin' 5 A Day" tape. Borrow a copy from our library or download them at <http://www.dole5aday.com/>
- Play songs with fruit and vegetable themes, like: "Life is Just a Bowl of Cherries," "I Heard It through the Grape Vine" and the "Mashed Potato."



#### Share Fruit and Veggie Knock! Knock! Jokes

Contact the 5 A Day Program for a copy of all 60 fruit and vegetable jokes.

**Ask Trivia Questions** Ask fruit and vegetable Scavenger Hunt questions. The first one to get to the MC with the correct answer wins a prize. Contact our office for the questions and answers.

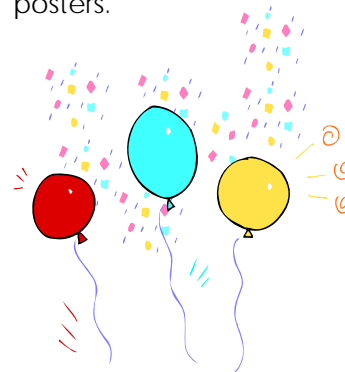
**Wear a Costume** See page 7.

## Decorations

**Crafts Table/Tent** Give participants an opportunity to make simple fruit and vegetable crafts

- Add paper or foam fruit and vegetable cutouts or rubber stamps to:
  - Name tags
  - Paper hats and crowns
  - Cards
  - Gift wrap
  - Magnets
- Giant paper fruits and vegetables make great decorations

**Posters** Contact our office for 5 A Day posters.



**Balloons, Banners and More** Balloons make great decorations and prizes!

- **Yummy Designs'** sells Mylar vegetable and fruit balloons  
<http://www.yummydesigns.com/>
- **Produce for Better Health Foundation** sells Mylar fruit and vegetable balloons, crepe fruit and vegetable ornaments, and a banner:  
<http://www.shop5aday.com>

# Themes

## Theme: A to Z

**Name or dedicate** each day to a different fruit, vegetable, bean or juice – from A to Z!

**Food** Tie your menu to a different letter of the alphabet each day – for example, for “A” serve asparagus, apples and avocados. Or try LMNOP!



**Alphabet Pot Luck** Ask each person to bring a fruit or vegetable dish with a name that starts with a different letter. Or, ask them to bring something that starts with the same letter as their name.

### Alphabet Activities and Games

- Apples, Bananas, Cherries (page 5)
- I Spy Alphabet Game (page 5)
- Produce Spelling Bee (page 6)
- Alphabet Relay (page 6)

Looking for an A to Z list of fruits and veggies? Contact the NH 5 A Day Program.

## Theme: Beans

**Costumes** Dress up like a can of beans!

**Food** Serve hummus, chili, bean soup, burritos and other bean specialties.



**Food Drive** Ask participants to bring in a can or bag of their favorite beans to be donated to a local food bank along with their favorite bean recipe.

**Guest Speaker or Chef** Invite a guest speaker or chef to talk about cooking beans – from scratch or using canned beans in fruit and veggie recipes. This could be offered weekly series or daily for a week.

**Storyteller** Ask a storyteller to tell a story about beans. For example, *Jack and the Beanstalk*.

### Bean Games

- Beanbag games
- Beans, Beans, Corn (page 6)
- Bean Relay (page 6)

**Bean Prizes** A coupon for bean burritos, a can of beans and seed packet for beans.

## Theme: The Color Way

**Color Week** Designate a day for each of the five fruit and veggie color groups – red, blue/purple, green, white/brown, yellow/orange. Serve produce from the color group and ask everyone to dress in something that’s the color of the day.

### Decorate

- Rainbow garlands
- Color Way posters

**Music** “Somewhere Over the Rainbow”

**Costumes** Designate a day for each of the five fruit and vegetable color groups (purple/blue, green, red, white/brown, orange/yellow). Ask everyone to wear at least one garment or costume that is the color of the day.

**Food** Serve a fruit and vegetable tray with produce that matches the color of the day.

**Guest Speaker** Invite a guest speaker to talk about Color Way messaging.

**Storyteller** Invite a storyteller to tell a story about a rainbow.

### Color Games

- Color Way Game (page 5)
- Parachute Games (page 6)
- Color Way Relay (page 6)
- Twist-ah! (page 7)

**Color Prizes** Rainbow erasers and pencils.

For more information about “Color Way” (food lists, games and educational materials), go to <http://5aday.com>

## Theme: Juice

### Guest Speaker or Chef

Invite a chef to introduce recipes that use 100% juice). Everyone who attends gets a can/box of 100% juice and a juice coupon.



**Food Drive** Ask participants to bring in a can or bottle of their favorite 100% juice to be donated to a local food bank.

**Juice Relay** (page 6)

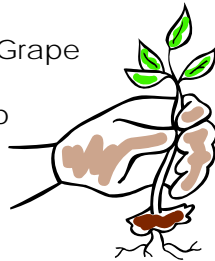
**Juice Prizes** A can or box of 100% juice and a juice coupon.

## Theme: Gardening/Farming

**Decorate** with trowels, spades, rakes, shovels, wheelbarrows, other gardening equipment, rubber worms and bales of hay.

### Music

- "I Heard It Through the Grape Vine"
- "How You Gonna' Keep 'em Down on the Farm?"
- "The Farmer in the Dell"
- "Glow Little Glow Worm"
- "Octopus's Garden"
- "Inch Worm"



**Costumes** Wear a gardening apron and kneepads or a woodchuck or deer costume!

**Gardening Lesson** Invite a gardening expert to present tips on how to grow a garden in window boxes.

**Patio Pots** Plant vegetables in patio pots. Give one to your favorite cancer survivor.

**Plant a Garden** Start a community, school or [worksite garden](#).

**Storyteller** Invite a storyteller to tell a story about a garden, a farm or fruits and vegetables.

### Gardening/Farming Activities and Games

- Icebreaker: Farm Story Mixer (page 4)
- The Farmer in the Dell
- Gardening Relay (page 7)

### Gardening/Farming Prizes

- **Free Seeds** Handout free seed packets. See Prizes and Incentives (page 7).
- **Gift Certificates** Give away a gift certificate to a gardening center, farm stand or farmers market.
- **Free Info** Share information from the NH Department of Agriculture on NH Farm Stands and Farmers' Markets  
<http://nh.gov/agric/publications/>

For more information about gardening, contact the UNH Cooperative Extension Family, Home and Garden Education Center at 877-398-4769.

## Theme: Salsa!



**Food** Serve (what else) salsa! Explore the recipe links (page 7) for salsa recipes.

**Dance Lesson and Contest** Bring in a Salsa dance instructor. Have a Salsa dance contest.

**Recipe Contest** Have a Salsa recipe contest!

**Storyteller** Invite a storyteller to tell a story about a dancing.

**Salsa Relay** (page 6)

### Salsa Prizes

- Salsa dance lessons for two.
- A jar of gourmet salsa.

For more ideas, read "Celebrate: Healthy Entertaining for any Occasion" by the American Cancer Society. Available through our lending library.

## Activities

**Art Exhibit** Invite artists of all ages to show their best fruit and vegetable paintings, collages, sculpture, etc.

**Face Painting** Paint a favorite fruit or vegetables on children's faces.

**Icebreaker: Farm Story Mixer** Pair up participants that do not know each other and ask them to share a story with each other that involves a garden or a farm.

**Juggler** Invite a juggler who can juggle fruits and veggies.

**"Look Who's Eating Fruits and Veggies Now!"** Provide a Polaroid or digital camera to take photos of people who are eating fruits and vegetables. Post their pictures in a designated area. Teens especially enjoy this activity.



**Magician** Bring in a magician who can pull fruits and vegetables out of his/her hat!

**“Make a Face” Contest** Have each team make a face out of cut-up produce. Provide fruits, vegetables, lowfat dressings or dips (see recipe links on page 7), platters, cutting boards, knives and gloves. Judge immediately and serve!

**“Make a Creature” Contest** Get your creative juices going! Borrow a library book or two by Saxton Freymann or visit his books online at Amazon.com. Look for *Play With Your Food, How Are You Peeling?, One Lonely Seahorse, Dr. Pompo’s Nose, Dog Food, and Baby Food*. Also try *The Secret Life of Food* by Clare Crespo.

**Produce Improv!** Provide plastic fruits and veggies, sunglasses, hats and other costume items. Challenge teams to do a skit – perhaps, featuring the infamous Pat Produce, P.I. (see page 7).



**Scavenger Hunt** Ask Scavenger Hunt questions. The first individual or team to correctly answers all the questions wins a prize. Or, everyone who participates enters a drawing for a prize.

**Skit: “5 A Day Live!”** The skit, “5 A Day Live,” was developed by the Dole Food Company for a classroom or youth group to prepare and perform. Our library has a copy complete with a tape of the music. Or download the script, costume ideas, music, etc. at: <http://www.dole5aday.com>



**Vote for Your Favorite Fruit and Vegetable** Create a “ballot” or for a ready-to-copy ballot and more activity ideas about caucuses and platforms, get a copy of “It’s an election year . . . run a produce campaign!” from the NH 5 A Day Program.

**Wacky Fruits and Veggies** Purchase 5 to 10 unusual fruits and vegetables. Ask participants to either name the items or answer a multiple choice trivia question about each one. Enter every participant into a drawing for a prize. Be sure to provide answers to the questions and a taste of the produce. For information and photos of fruits and vegetables, visit the Cook’s Thesaurus at <http://www.switcheroo.com/>

**Walk Through the Alimentary Canal** Create a giant gastro-intestinal (GI) tract (digestive system) of wire and tent fabric. Along the path, post information about how the GI tract works and it’s size. Include stops at the mouth, teeth, salivary glands, esophagus, stomach, common bile duct, small and large intestines, appendix, rectum and anus. Be sure visitors learn about the role of fruits and vegetables in reducing their risk for GI-tract cancers. For a “map” and information, visit <http://digestive.niddk.nih.gov/>.

## Games

**Apples, Bananas, Cherries** All players sit in a circle. The first must name a fruit or vegetable that starts with A, the next B, etc. If more than three players miss a letter, go to the next letter. **Variation:** Eliminate players that cannot come up with an answer. The last player left in the circle is the winner.

**Bingo and Other Board Games** Offer an opportunity to play educational fruit and veggie board/table games. Contact our program for a list of games and information on how to reserve/borrow a game. The collection includes:

- Color Way Games
- 5 A Day Adventures CD with a variety of games for one or two people – if you can project it onto a screen, more could play.
- 5 A Day Bingo
- Fruit and Vegetable Fanfare
- Fruit and Vegetable Scavenger Hunt Game
- Yummy Fruit and Vegetable Game (lotto/Bingo type game)



**I Spy Alphabet Game** For example, “I spy a fruit that starts with W.” Players must find the fruit (watermelon). The first one with the answer gets to start the next round.

**Icebreaker: Get Fit With 5 Bingo** Copy the Get Fit With 5 Bingo card and give one to each person. Those who fill the entire form can enter a raffle. Contact the NH 5 A Day Program for a copy of the Bingo card.

**Icebreaker: “What Am I?”** Paste pictures of different fruits and veggies onto adhesive



labels. Put one on the back of each person. Players must guess what produce item it is by asking questions that can be answered with "yes" or "no." For photos, go to the Cook's Thesaurus at <http://www.foodsubs.com>

**Produce Spelling Bee** Be sure to include everything from apples and artichokes to pomegranate and zucchini!

## Get Physical!

**Game Master** Identify a staff member or volunteer with physical activity expertise to organize this part of the program.

**Bean Bag Games** Use fruit and vegetable beanbags for traditional beanbag games.

**Beans, Beans, Corn** (Duck, Duck, Goose) Form a circle and sit on the floor. "It" walks around the circle saying "beans, beans, beans,..." until he taps someone and says "corn." The two players run in opposite directions, trying to get back to the empty space first. Whoever does not get a space is the new "it."

**Fruit Basket Upset** Form a circle and sit on the floor. Each player picks a fruit name. One player stands in the center and calls the names of two or more fruits. The players with those names get up and run to exchange places before the caller gets their spot. The one without a spot is the new caller. If the caller says "Fruit Basket Upset," everyone exchanges places.



**Mime Time** Imitate a growing seed; an apple tree during a storm; a cherry tree being visited by birds; an ear of corn being picked, husked, boiled, and eaten!

**Parachute Games** Game parachutes are usually colorful and thus can be tied in with the "color way" theme. For example, "If you are holding a color that is the color of an apple (red, yellow green), run to the center."

**Play Ball!** Name teams for different fruits and vegetables and play your favorite game.



**Produce Relay** Players use a spoon to balance increasingly bigger fruits and veggies – a grape, an apricot, an orange, a potato, and a grapefruit.

**Raining on the Orchard** Form a circle; stand arms length apart. The leader stands in the center facing one person and rubs his/her hands together. As the leader slowly turns in place, the circle gradually joins in. Repeat with louder actions – snapping fingers, slapping thighs, stamping feet! Then, reverse steps until the storm is over.

**Relay** Divide into teams. Each team must keep at least one team member on the track at all times. Name the laps for different themes. Wear theme-related costumes (see page 7).

- **Alphabet Relay** Each lap is for a different letter of the alphabet. Lappers must have a name (first, middle or last) that starts with the same letter – or live in a town that starts with the same letter – or attend a school . . . or carry a fruit of vegetable that starts with the same letter.
- **Bean Relay** Everyone who walks/runs gets a bean burrito and a bean coupon.
- **Color Way Relay** Designate one lap for each fruit and vegetable color group. Lappers must wear at least one garment that is the same color as the lap.
- **Garden Relay** Lappers must carry a gardening tool or wear a gardening apron or kneepads – or dress as a deer or woodchuck! Do a lap pretending to rototill, one for planting, another for weeding, and one for harvesting.
- **Juice Relay** All lappers get a can/box of 100% juice and a juice coupon.
- **Salsa Relay** Salsa around the track!

**The Talking Turnip** (Mother May I). Use active commands like, "The Talking Turnip says play tennis . . . jump rope . . . swim a lap. . . run in place . . . eat a carrot . . . tap your shoulders . . . plough a field . . . plant a garden."



**That's Mine!** Scatter plastic fruits and vegetables (or bean bags) inside a defined area. Divide players into two or more teams. Each team decides where to place their basket (bag or box). After that, the baskets

cannot be moved. At the signal, everyone fills his team's basket. Produce can only be moved one piece at a time. The game is over when all the produce is in the baskets. The team with the most produce wins.

**Variation 1:** All produce items must be carried between the chin and chest.

**Variation 2:** Hide the produce.

**Variation 3:** Teams can steal produce from each other.

**Twist-ah!** Play this Color Way version of Twister. Two people or a crowd can play the game. Contact our office to reserve/borrow the "Twist-ah!" mat, giant spinner, and rules.

## Food Ideas and Recipes

### Fruit and Veggie Pot Luck

Ask everyone to prepare their favorite fruit or vegetable recipe and bring copies to share.



### Menus

Plan menus to include a colorful variety of fruits and vegetables. Don't forget to include your favorite bean dishes.

What's an "official 5 A Day recipe?" Visit <http://www.cdc.gov/5aday>

### Recipes

- **Cooking for a Crowd** If you're cooking for 25 to 100 or more, try the "5 A Day Quantity Recipe Cookbook" – developed in New Hampshire <http://www.dhhs.nh.gov/DHHS/NHP/>
- **Recipes for Young Chefs** Try "Fun With Fruits and Vegetables Kids Cookbook" by Dole Food Company Inc. <http://www.dole5aday.com> . Elementary school classrooms can order free copies.
- **Family-size Recipes**
  - Centers for Disease Control and Prevention <http://www.cdc.gov/5aday>
  - Produce for Better Health Foundation <http://5aday.com> and <http://pbhfoundation.org>

## Prizes and Incentives

**Produce for Better Health Foundation** sells aprons, T-shirts, hats, lunch bags, beanie babies, cookbooks, kids books, pedometers, pencils, temporary tattoos, stickers, balloons and more. <http://www.shop5aday.org>

**For Teachers Only** sells apple erasers, pencils and more. Explore at <http://forteachersonly.com>

**Yummy Designs** sells T-shirts and Mylar fruit and vegetable balloons. Visit <http://www.yummydesigns.com>



**Free Seeds** Locate free fruit and veggie seeds and add a sticker with your health message. Try America the Beautiful Fund at <http://www.america-the-beautiful.org> or search for *free seeds* online.

**Gift Certificates and Donations** Request gift certificates or donations from your local:

- Book store (a gift certificate or a wellness/gardening/cooking book)
- Fitness center
- Grocery store
- Sports wear shop
- Restaurant that serves healthy meals
- Garden center
- Farm stand or farmers market
- Orchard

**Dole Food Company, Inc.** provides free cookbooks, CDs and charts to elementary school classrooms. <http://www.dole5aday.com>

## Costumes

**How-to Ideas** Read the costume ideas in the *5 A Day Live Performance Kit*. Borrow the kit from our lending library or go to <http://www.dole5aday.com> .

**Costume Photos** to inspire a talented seamstress, go online and Google *fruit and vegetable costumes* and then click on *images*.

**Inspector Pat Produce, P.I.** This drawing of the infamous private investigator might inspire a new costume . . . and a skit! Check out the eggplant phone! By day, Pat's a chef, at night . . .

